Sleep Duration And Cardiovascular Disease Prevalence Among Asian American Subgroups

Santhosh Nadarajah, Risa Akiba, Isabelle Maricar, Sanah Vohra PhD, Armaan Jamal, Yuichiro Yano MD, Malathi Srinivasan MD, Eugene Yang MD MS FACC

Background
- Cardiovascular Disease (CVD) prevalence in Asian Americans demonstrate significant heterogeneity, with South Asians having exceptionally high rates of CVD
- Sleep Duration is known to be associated with risk and prevalence of CVD

Objective
To evaluate the association between sleep duration and CVD outcomes by disaggregated Asian American subgroups

Methods
- Persons with CVD
- Sleep Duration
- Covariates
- Statistical Analysis

Data: 2012 - 2018 National Health Interview Survey (NHIS) data
Exposure: Sleep duration (optimal: ≥7 – 9 hrs, vs. suboptimal: <7 or >9 hrs)
Outcome: Heart disease (angina, coronary, and heart attack) and stroke
Covariates: Demographics, health conditions, socioeconomic status
Statistical Analysis: Logistic regression was used to generate ORs and 95% CIs for the relationship between optimal sleep with CVD outcomes

Results

Sleep (Optimal vs Suboptimal) by Heart Disease by Race/Ethnic Subgroup

Sleep (Optimal vs Suboptimal) by Stroke by Race/Ethnic Subgroup

Key Findings
Our univariate analysis of Sleep Duration and CVD outcomes reveals that although there is an association between CVD outcomes and sleep duration, there is little difference in the association between CVD outcomes and sleep duration among Asian American groups

Discussion
Limitations:
- NHIS is conducted in English and Spanish, so older people who can only speak Native Asian languages are excluded
- Disaggregation limited to Asian Indians, Chinese, and Filipinos due to small n-count of other Asian American groups
- Reported amount of sleep can be subject to biases such as social desirability and recall bias